

# SAFETY MESSAGE

## Your Personal Safety is our #1 Priority

### Ladder Safety

#### Accidents can be avoided

Do you know the right way to use a ladder? Do you know how to check a ladder to make sure it is safe for use?

Ladders are safe if they are used properly. However, you need to use the right ladder for the right job.

You need to maintain the ladders you use and make sure you put the ladder away in its proper place when finished with it.

#### Ladder guidelines

Most accidents involving ladders could have been avoided if a few precautions and inspections had taken place before using the ladder

The following are a few things to remember:

- Choose the right ladder for the job. The ladder should be long enough to extend at least two rungs, and preferably three, above the support of the ladder. Do not use a metal ladder when working around electricity.
- Be sure the ladder is in good condition before you use it. If the ladder is cracked, missing parts, or damaged in any way, do not use it. If a ladder is weak or wobbly, it is unsafe to use.
- Make sure the ladder is positioned on a solid base. The spreader braces of stepladders must be fully opened and locked. When using a straight ladder, place the feet no more than a fourth of the length of the ladder away from the wall. This will reduce the strain on rails and the chance of the ladder's slipping.
- Tie off the ladder at the top and the bottom to keep either end from moving. Most accidents involving ladders are due to slipping.
- Always face the ladder and grasp it with both hands when ascending or descending. Never try to carry something up or down a ladder with you. Use a rope or line to haul up tools after you are firmly positioned on top of the platform.
- Never climb higher than the third step from the top of a ladder. When using stepladders, stay off the top two steps and platform.
- Do not over reach your ladder. Always keep one hand in position to hold the ladder and support you. If you have to reach way out, move the ladder closer to your work.
- Never use a ladder as a horizontal platform or runway.

**Remember**

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Ladders can be as safe or as dangerous as you make them. Use all your tools for the purpose they were designed. Inspect your ladders each time, before you use them.